Proud

Count: 0 **Wall:** 4 **Level:** Intermediate
Choreographer: Gale Erskine (USA)
Music: Proud - Heather Small

Sequence: AAB, B-, C, AAB, B-, D, B, B-, B, B-
Start the dance on the back wall or with your back to the music
PART A
WALK FORWARD, STEP SIDE & TOUCH, ROCK RECOVER, COASTER STEP

1-2	Step right forward, step left forward
3-4	Large side step right, slide left next to right and touch
5-6	Rock forward left, recover on right
7&8	Left foot back, right together, left foot forward

PIVOT ½ TURN, PIVOT ½ TURN, TOE TOUCH, ¼ RIGHT, SHUFFLE FORWARD

1-2	Pivot step forward right, ½ turn left
3-4	Pivot step forward right, ½ turn left
5-6	Touch right toe next to left, ¼ turn right stepping on right
7&-8	Shuffle forward left, right, left

STEP HOLD, ½ TURN RIGHT HOLD, ½ TURN LEFT HOLD, ¼ TURN SAILOR

1-2	Step right to side and snap fingers, hold
3-4	½ turn to right side and snap fingers, hold (weight on left)
5-6	½ turn to left side and snap fingers, hold (weight on right)
7&-8	Left foot behind right, step side right, step forward left turning ¼ left

ROCK FORWARD, ROCK BACK, STEP ¼ TURN LEFT, SAILOR STEP

1-2	Rock forward right, recover left
3-4	Rock back right, recover left
5-6	Step forward right ¼ turn left keeping weight on right, hold
7&-8	Left foot behind right, step side right, step forward left

PART B
STEP SIDE, CHASSE RIGHT ¼ TURN, ¾ TURN RIGHT, LEFT SHUFFLE FORWARD

1-2	Step right to side, step left together
3&-4	Side shuffle right with ¼ turn right
5-6	¾ turn right, stepping on left then right, hold
7&-8	Shuffle forward, left, right, left

ROCK FORWARD, COASTER STEP, ROCK FORWARD, SAILOR ¼ TURN LEFT

1-2	Rock forward right, recover left (this only happens in straight b on the rock & recover bring both hands together palms facing in close to waist then spread hand up and out)
3&-4	Left foot back, right foot together, left foot forward
5-6	Rock forward right, recover left

On B- only, on counts 5&6, grab in air with both hands and cross arms and pull towards chest

7&-8	Left foot behind right, step side right, step forward left turning ¼ left

ROCK FORWARD, ½ TURN SHUFFLE, PIVOT ½ TURN SHUFFLE FORWARD

1-2	Rock forward right, recover left

On the rock recover clap hands like you're banging big cymbals

3&-4	½ turning shuffle to right, right, left, right
5-6	Step forward left, ½ turn right

7&-8	Shuffle forward left, right, left

WEAVING VINE LEFT, THEN RIGHT

1-2	Cross right over left, step left to side (on the cross over, behind, open both arms up and to the side)
3&-4	Right behind left, left to side, cross right over left
5-6	Rock left to left side, recover on right
7&-8	Left behind right, right to side, cross left over right

PART B-

1-24	Do 1st 24 counts of Part B

PART C

ROCKS, ½ TURN RIGHT, ROCKS

1-2	Rock forward on right, rock back on left
3-4	Rock forward on right, sweep left around to do ½ turn right
5-6	Rock forward on left, rock back on right
7-8	Rock forward on left, touch right next to left

On 1st count of break is proud use arms

GRAPE VINE BRUSH, GRAPE VINE ¼ TURN

1-2-3-4	Step right to side, left behind right, step right to side, left foot brush
1-2-3-4	Step left to side, right behind left, step left to side making ¼ turn left, brush right foot

JAZZ BOX ¼ TURN RIGHT

1-2-3-4	Cross right over left, step back on left, step right to side, step together with left

PART D

1-2-3&4	Stomp right foot to side angling body to right, hold & snap fingers, crossing shuffle to right
5-6-7&8	Stomp right foot to side angling body to right, hold & snap fingers, crossing shuffle to right
1-2-3&4	Stomp right foot to side angling body to right, hold & snap fingers, cross left over right rock recover, step left to side
5&6&7&8	Moving left weaving grape vine, cross right over left, left side, right behind, left side, right in front, left side, right touch
1-2-3&4	Stomp right foot to side angling body to right, hold & snap fingers, crossing shuffle to right
5-6-7&8	Stomp right foot to side angling body to right, hold & snap fingers, crossing shuffle to right
1-2-3&4	Stomp right foot to side angling body to right, hold & snap fingers, cross left over right rock recover, step left to side
5&6&7&8	Moving left weaving grape vine, cross right over left, left side, right behind, left side, right in front, left side, right touch

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